

Relationship Health Profile

Now that you've learned more about yourself, let's take an overall look at your relationship. The following is a broad questionnaire, a true/false test that includes items relevant to the health of your relationship. Again, be honest and go with your first reaction.

1.	I am satisfied with my sex life.	T	F
2.	My partner doesn't really listen to me.	T	F
3.	I trust my partner.	T	F
4.	I feel picked on and put down.	T	F
5.	I am hopeful about our future.	T	F
6.	It is not easy to share my feelings.	T	F
7.	My partner often says, "I love you."	T	F
8.	Sometimes I feel rage.	T	F
9.	I feel appreciated.	T	F
10.	I am out of control.	T	F
11.	My partner is there for me in hard times.	T	F
12.	My partner is harsh in his or her criticism.	T	F
13.	My partner understands me.	T	F
14.	I fear my partner is bored.	T	F
15.	My partner doesn't like to share what's on his/her mind.	T	F
16.	I imagine myself divorced.	T	F
17.	My relationship is what I always dreamed of.	T	F
18.	I know I am right.	T	F
19.	My partner treats me with dignity and respect.	T	F
20.	My partner is a taker.	T	F
21.	We often do fun things together.	T	F
22.	Sometimes I just want to hurt my partner.	T	F
23.	I feel loved.	T	F
24.	I would rather lie than deal with a problem.	T	F
25.	We still have a lot of passion in our relationship.	T	F
26.	I am trapped with no escape.	T	F
27.	My partner thinks I am fun to be with.	T	F
28.	Our relationship has gotten boring.	T	F
29.	We enjoy going out on dates alone.	T	F
30.	My partner is ashamed of me.	T	F
31.	We trust each other a great deal.	T	F
32.	We have become nothing more than roommates.	T	F
33.	I know my partner will never leave me.	T	F
34.	I am no longer proud of my body.	T	F
35.	My partner respects me.	T	F
36.	My partner constantly compares me to others.	T	F
37.	My partner still finds me desirable.	T	F
38.	We just seem to want different things.	T	F

39.	I am allowed to think for myself.	T	F
40.	I feel crowded by my partner.	T	F
41.	I am honest with my partner.	T	F
42.	People have no idea what our relationship is really like.	T	F
43.	My partner is open to suggestions.	T	F
44.	My partner has shut me out.	T	F
45.	My partner is my primary source of emotional support.	T	F
46.	I feel judged and rejected by my partner.	T	F
47.	My partner cares if I am upset or sad.	T	F
48.	My partner treats me like a child.	T	F
49.	My partner puts our relationship ahead of all others.	T	F
50.	I'll never satisfy my partner.	T	F
51.	My partner wants to hear my stories.	T	F
52.	I chose my partner for the wrong reasons.	T	F
53.	I look forward to our time together.	T	F
54.	My partner thinks I am boring in bed.	T	F
55.	My partner is lucky to have me.	T	F
56.	My partner treats me like an employee.	T	F
57.	I win my share of disputes.	T	F
58.	I envy my friends relationships.	T	F
59.	My partner would protect me if necessary.	T	F
60.	I am suspicious of my partner.	T	F
61.	I feel needed by my partner.	T	F
62.	My partner is jealous of me.	T	F

Go back over your test and count all the even-numbered questions to which you answered true. Write down the total. Then count all the odd-numbered items to which you answered false. Add these two numbers to get your overall score.

Even numbered "true" responses _____
 Odd-numbered "false" responses _____
Overall total _____

Your score on this test will give you a quick snapshot of the health of your relationship. If your total score is:

Above 28: Your relationship is in extreme danger of failing.

Between 20 and 27: Your relationship is seriously troubled and you may be living an "emotional divorce."

Between 12 and 19: Your relationship is probably about average (which isn't great) and certainly needs work.

Below 11: Your relationship is well above the norm and may have isolated areas in which you can improve.

To schedule and assessment with a Performance Enhancement relationship specialist, call (414) 858-1014 or [visit us online](#)